



**FREE 2hr ONLINE  
GROUP SESSIONS  
FOR PARENTS IN  
GLOUCESTERSHIRE**



# Arguing better

Disagreements are a normal part of life, and most couples argue from time to time. The way you approach these conversations can make a big difference to you, your partner, and your children.

*Arguing better* is a free online course to help you manage difficult conversations, avoid conflict, and improve things for your whole family.

- You will learn:**
- Where stress comes from and how it can affect you.
  - Ways to recognise stress and talk about it.
  - How to support each other through difficult times.
  - What causes arguments and how to stop them.

### Arguing Better Parent Group Sessions

#### How do I access a group?

Groups take place over just one 2hr session on Microsoft Teams. You will need access to Wi-Fi, a smart phone, laptop, or tablet. And its free!

#### Who is it for?

- Anyone living in Gloucestershire with a parenting role for a child or young person under 18 years old
- Adoptive Parents
- Foster Parents
- Guardians/family members with parenting role

Parents are welcome to attend alone, with a partner, friend, or family member.

#### How do I book on to the next group?

For more information about future **Arguing Better** group dates or to book contact:

The Family Information Service.

Email: [familyinfo@gloucestershire.gov.uk](mailto:familyinfo@gloucestershire.gov.uk)